

CLAIMS

1. A portable personal health tracker comprising:
 - a data logger that collects and records subjective data from a subject regarding the subject's medical condition for use by a reviewer;
 - a time base which tracks a time of recording of the data;
 - a data storage unit in which the data is stored with reference to the time base; and
 - a data communication device capable of connecting directly to a communication network to allow communication between the health tracker and the central server from points of access to the network that are remote to the central server, wherein the central server is directly accessible by the reviewer.
2. A portable personal health tracker according to Claim 1 wherein the data communication device comprises a modem.
3. A portable personal health tracker according to Claim 1 wherein the health tracker is a hand-held device.
4. A portable personal health tracker according to Claim 1 further comprising a message receiver means by which the subject may receive and view messages directed to the data logger.

5. A portable personal health tracker according to Claim 1 further comprising a message generator by which the subject may create and send messages.
6. A portable personal health tracker according to Claim 1 further comprising a tactile input device on which the subject may write and the subject's writing is detected, said tactile input device generating a digitized representation of the detected writing.
7. A portable personal health tracker according to Claim 1 wherein the digitized representation of the subject's writing is transmittable via the data communication device.
8. A portable personal health tracker according to Claim 1 wherein the central server collects data from a plurality of health trackers and transmits the data together to a common database.
9. A portable personal health tracker according to Claim 1 wherein the timebase of the health tracker is synchronized with a timebase of the central server when communication is established between the data communication device and the central server.

10. A health data messaging apparatus comprising:
- a health data collection device that records subjective data from a subject regarding the subject's medical condition;
 - a time base which tracks a time of recording of the data;
 - a data storage unit in which the data is stored with reference to the time base; and
 - a data communication device capable of connecting directly to a communication network to allow communication of health data messages to and from a central server from points of access to the network that are remote to the central server.
11. A portable personal health tracker according to Claim 10 wherein the data communication device comprises a modem.
12. A portable personal health tracker according to Claim 10 further comprising a tactile input device on which the subject may write and the subject's writing is detected, said tactile input device generating a digitized representation of the detected writing.
13. A portable personal health tracker according to Claim 10 wherein the digitized representation of the subject's writing is transmittable via the data communication device.

14. A portable personal health tracker according to Claim 10 wherein the timebase of the health tracker is synchronized with a timebase of the central server when communication is established between the data communication device and the central server.
15. A portable personal health tracker according to Claim 10 wherein the central server collects data from a plurality of health trackers and transmits the data together to a common database.
16. A portable personal health tracker comprising:
- a data logger that runs a data logger program to collect and record subjective data from a subject regarding the subject's medical condition;
 - a time base which tracks a time of recording of the data in conjunction with the data logger program;
 - a data storage unit in which the data is stored by the data logger program with reference to the time base; and
 - a data communication device capable of connecting directly to a communication network to allow transmission of data from a remote location to the health tracker that is used by the data logger program to modify the data logger program.

17. A portable personal health tracker according to Claim 16 wherein the data communication device comprises a modem.
18. A portable personal health tracker according to Claim 16 wherein the timebase of the health tracker is synchronized with a timebase of the central server when communication is established between the data communication device and the central server.
19. A portable personal health tracker according to Claim 16 wherein the central server collects data from a plurality of health trackers and transmits the data together to a common database.